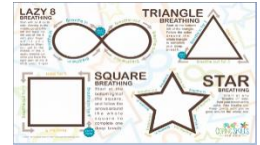






# Community of Practice for Teachers of Students with Complex Needs

## Resources from April 29, 2020 meeting: Social Emotional Learning Supports

### Calming Techniques and Resources

Name	Description/ website (All resources are Free)
Rhode Island Dept. of Education	<a href="#">COVID-19 Special Education Resources</a> In an effort to share the best available information and answer questions about the delivery, management and administration of special education services, the RIDE IDEA Team created a Special Education COVID19 section of the web site. This section is updated regularly and includes a wide range of information and links to both RI based and national resources.
Social Stories about Covid-19	<a href="https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf">https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf</a> <a href="https://www.flipsnack.com/KeshetChicago/coronavirus-social-story/full-view.html">https://www.flipsnack.com/KeshetChicago/coronavirus-social-story/full-view.html</a> <a href="https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-1-1.pdf">https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-1-1.pdf</a>
Visuals for Calming Breathing Techniques	Free color printables for each technique <a href="https://store.copingskillsforkids.com/products/deep-breathing-printables">https://store.copingskillsforkids.com/products/deep-breathing-printables</a> 
Conscious Discipline	<a href="https://consciousdiscipline.com/free-resources/">https://consciousdiscipline.com/free-resources/</a> an evidence-based, trauma-informed approach. Conscious Discipline provides an array of behavior management strategies and classroom structures that teachers can use to turn everyday situations into learning opportunities. The site has free printables that include <b>At Home Brain Breaks, At Home Morning Meeting</b> with corresponding activities 
The National Center for Pyramid Model Innovations (NCPMI)	<a href="https://challengingbehavior.cbcs.usf.edu/emergency/index.html">https://challengingbehavior.cbcs.usf.edu/emergency/index.html</a>  NCPMI is funded by the Office of Special Education Programs to to improve the social, emotional, and behavioral outcomes of young children with, and at risk for, developmental disabilities or delays. The resource library has many downloadable scripted stories, one page info graphs for families, videos to support the social and emotional help of children and families. Most of the resources are available in English and Spanish.
Pure Edge	<a href="http://www.pureedgeinc.org/">http://www.pureedgeinc.org/</a> Pure Edge, Inc. believes that all educators and learners deserve to be taught strategies that help combat stress and support the development of social, emotional, and academic learning competencies with an open heart and minds. They offer a set of strategies based upon Five Principles of Health & Wellness: body, breath, mind, attention, and engagement. They offer free access to many of their products and curriculum, including Virtual PE Mindful Movement Classes
Example of free book from NCPMI	<a href="https://challengingbehavior.cbcs.usf.edu/docs/TuckerTurtle_Story_Home.pdf">https://challengingbehavior.cbcs.usf.edu/docs/TuckerTurtle_Story_Home.pdf</a> <i>English and Spanish versions</i> A scripted story to assist with teaching the relaxation “Turtle Technique” 
Reducing Stress: Transition Warnings	<a href="https://cdn.vanderbilt.edu/vu-web/lab-wpcontent/sites/96/2020/02/20211555/Transition-Warnings.pdf">https://cdn.vanderbilt.edu/vu-web/lab-wpcontent/sites/96/2020/02/20211555/Transition-Warnings.pdf</a> Strategies and ideas to develop “Transition warnings”, which are ways to let your child know when an activity is about to end and a new activity is about to begin. Providing transition warnings can prevent challenging behavior by creating a more predictable environment for your child.

Name	Description/ website (All resources are Free)
Resources from Kansas Dept. of Education	<a href="https://sites.google.com/view/distance-learning-specialed/home/online-resources/social-emotional-resources?authuser=0">https://sites.google.com/view/distance-learning-specialed/home/online-resources/social-emotional-resources?authuser=0</a> Resources on this page are provided by educators and families from around the world. We are collaborating to support the needs of students with significant disabilities during the COVID 19 pandemic. These materials are open source and may be adapted to fit your child or student's need.
The Incredible 5 point Scale	 <a href="http://www.5pointscale.com">www.5pointscale.com</a> was developed to share information about the use of the 5-point scale and other systems to teach social and emotional concepts to individuals on the autism spectrum.
Zones of Regulation	<a href="https://www.zonesofregulation.com/teaching-tools.html">https://www.zonesofregulation.com/teaching-tools.html</a> The Zones is a systematic, cognitive behavioral approach used to teach self-regulation by categorizing all the different ways we feel and states alertness we experience into four concrete colored zones. The Zones framework provides strategies to teach students to become more aware of and independent in controlling their emotions and impulses, manage their sensory needs, and improve their ability to problem solve conflicts.
Sensory Diet Tools for Calming and Arousal	<a href="https://docs.google.com/document/d/1Y8EEHk21-9ImLXXqX4KJsvR3gZiCkj5CYnvgA_N0HTA/edit">https://docs.google.com/document/d/1Y8EEHk21-9ImLXXqX4KJsvR3gZiCkj5CYnvgA_N0HTA/edit</a> Google document listing various tools and strategies, such as: <b>Tools for the Eyes Calming (↓)</b> Lights off, Flickering soft light, Minimal movement of things and people in the environment
Strategies to Support Students with Autism	<a href="https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times">https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times</a> <b>AFIRM</b> Autism Focused Intervention Resources and Modules has a Covid-19 toolkit that focuses on <b>7 support strategies</b> designed to meet the unique needs of individuals with autism during this period of uncertainty. In addition, examples and ready-made resources are included to help caregivers implement these strategies quickly and easily. (Provided by The Groden Center)
Social Emotional Learning Apps and Online Programs	<b>Social Express</b> animated interactive lessons allow users to practice in a safe environment the skills needed to manage real-life social situations Free for teachers until June 2020 <b>RippleEffects</b> subscription based service. Ripple Effects makes it real by providing affordable, trauma-informed, culturally responsive, personalized, evidence-based, digital tools for delivery of social-emotional-behavioral supports and training for both students and staff <b>ZooU</b> Ross Park Zoo is committed to being a leader in fun and educational experiences. Even during this unpredictable time, we have a variety of resources available to educate and entertain both young and old. We may be closed, but we're doing what we can to bring the animals to you through our zooU! (Provided by The Sargent Center)

### Resources in Getting Students Moving

Name	Description/ website	Cost
The Center for Early Childhood Mental Health Consultation (CECMHC)	<a href="https://www.ecmhc.org/relaxation_exercises.html">https://www.ecmhc.org/relaxation_exercises.html</a> The ECMHC team has recorded a series of relaxation exercises in English and Spanish. These exercises have been designed for use by families and Early Head Start and Head Start staff to help you reduce your stress.	Free
Chair Yoga and other exercises	<a href="https://youtu.be/DEQSO0_QNg">https://youtu.be/DEQSO0_QNg</a> You tube video demonstrating seated yoga techniques	Free



Yoga Poses for Kids	<a href="https://www.top10homeremedies.com/news-facts/kid-friendly-yoga-for-a-healthier-generation.html">https://www.top10homeremedies.com/news-facts/kid-friendly-yoga-for-a-healthier-generation.html</a> Each pose is explained with step by step pictures to ensure proper positioning for safety	Free
Perkins <b><i>Learning to find the Eyes</i></b> website, app and YouTube Channel	<a href="https://www.perkinselearning.org/technology/blog/eyes-free-fitness-described-workouts-blind-and-visually-impaired">https://www.perkinselearning.org/technology/blog/eyes-free-fitness-described-workouts-blind-and-visually-impaired</a> The Eyes-Free Fitness app contains both free and paid exercise routines described specifically for the blind.	Free
Identify birds sounds during a walk	<a href="https://www.audubon.org/news/how-start-identifying-birds-their-songs-and-calls">https://www.audubon.org/news/how-start-identifying-birds-their-songs-and-calls</a> Teachers and parents could access this website while spending time outside to identify local birds they may see and/or hear	Free
GoNoodle Games	<a href="https://www.gonoodle.com/">https://www.gonoodle.com/</a> A free app created to get kids moving at home and on the go. As kid screen time is increasing, we want to meet kids where they are and make screen time, active time. GoNoodle games is designed to tire kids out!	Free
Yoga for classrooms	<a href="http://www.yoga4classrooms.com">http://www.yoga4classrooms.com</a> Videos and training programs for teachers to learn simple yoga instruction	Some cost
Teacher generated ideas for movement activities and brain breaks	<ul style="list-style-type: none"> <li>• Scavenger hunts outside</li> <li>• Scavenger hunts inside: Using a theme, students find things in the house. Parents can help with making things easy to find: scavenger hunt by colors, rainbow scavenger, kitchen scavenger hunt, kitchen utensils, plants scavenger hunt</li> <li>• Indoor obstacle course using directional words with the movements</li> <li>• Wheelchair exercises for movement breaks</li> <li>• Friday Social for fun time, games</li> <li>• School wide dance party</li> </ul>	